

GET INVOLVED!

CRYSTAL FRIENDSHIP CENTER 55+

We offer a large gathering room, book and puzzle library, and a billiards room. The Crystal Friendship Center is open to all individuals age 55 and better for a yearly fee of **\$12 for Crystal residents and \$19 for non-residents per year:**

- participate in and receive discounts for select senior programs
- receive the *Prime Time News* – a quarterly newsletter

MINNESOTA ROOM CLOSED– 12/28/15- 1/8/16 (500 TOURNEY WILL BE HELD 1/2/16)

CRYSTAL FRIENDSHIP CENTER HOURS

| | |
|----------------------|-------------------|
| Monday– Thursday | 10:00 am- 9:00 pm |
| Friday | 10:00 am- 4:30 pm |
| Saturday Tournaments | 12:00 pm- 4:30 pm |

MINNESOTA ROOM PHONE NUMBER
763-531-1182

WEEKLY FRIENDSHIP CENTER CARD GROUPS

We welcome you to join our many card groups! After your second day as a visitor, a membership card is required. Entry fee to weekly games is 50¢ unless otherwise noted. Come early if you do not have a partner to make arrangements for a place at a table. Limit of 33 tables.

DAY GAMES

Duplicate Bridge*..... Monday (12:00 PM– \$1.00)
(No cards: January 18, February 15....
Meet Tuesdays, January 19 and February 16)
Open Game Day..... Tuesday (12:00 PM– No Fee)
500..... Wednesday (12:30 PM)
Whist..... Thursday (12:30 PM)
(No cards: December 24)
Bridge..... Friday (12:00 PM)
(No cards: December 25, January 1)



EVENING GAMES

500..... Monday (6:30 PM- 25¢)
Whist..... Tuesday (6:30 PM)
Cribbage..... Tuesday (6:30 PM)
Hand & Foot..... Wednesday (5:30 PM– No Fee)
Open Game Night..... Thursday (6:30 PM– No Fee)
(No cards: December 24, 31)



NEW!! HAND & FOOT.....OPEN GAME TIMES

Hand & Foot is a North American game related to canasta. Each player is dealt two sets of cards using one as the “hand” and one as the “foot.”

HAND & FOOT.....Wednesdays.....5:30 PM– No Fee

Open Game Day and Open Game Night offer a time to play any game that interests you.....just drop in!

OPEN GAME DAY.....Tuesdays.....12:00 PM- No Fee

CARD TOURNAMENTS

Tournaments are held in the Minnesota Room. A partner is required to play in the tournament; however, a Crystal Friendship membership is not necessary to participate. Payment is taken when both partners are present. Limit of 33 tables.

500 (\$1.50 fee).....12:30PM.....January 2,
February 6, March 5
(No Tournament December 5)
Whist (\$3 fee).....12:30PM.....December 12,
January 9, February 13, March 12
Duplicate Bridge (\$3 fee)12:00PM...December 19,
January 16, February 20, March 19
Bridge (\$2 fee).....12:00PM.....December 26,
January 23, February 27, March 26

BRIDGE LESSONS! CRYSTAL COMMUNITY CENTER



BEGINNERS (PARTY BRIDGE):

Mondays– 4:00-6:00 PM
January 12– March 2 (No class Jan 19 or Feb 16)
FEE: \$40- 8 classes
REGISTER: Call 763-531-0052 to register

HOLIDAY POTLUCKS

Bring your holiday spirit and a favorite packaged dish or treats to share!

Tuesday, Dec. 15– 12:00 PM– Open Game Day
Wednesday, Dec. 16– 11:30 AM– 500
(All other activity groups welcome!)
Wednesday, Dec. 16– 5:30 PM– Hand & Foot
Thursday, Dec. 17– 12:00 PM– Pickleball
Thursday, Dec. 17– 6:30 PM– Open Game Night
Friday, Dec. 18– 12:00 PM– Bridge
Monday, Dec. 21– 11:00 AM– Duplicate Bridge
Tuesday, Dec. 22– 6:30 PM– Cribbage



55+



Activities

PICKLEBALL 55+

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. This is not a league...for all levels of play...come when you can...just drop in...with no advanced registration. Equipment is provided for you to try the game. Gym shoes are required. For your convenience, purchase a punch card and save. One punch per time. No Pickleball on December 24, January 18, February 15



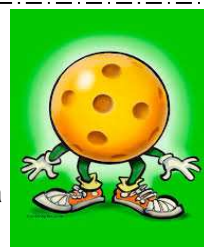
Mondays and Thursdays.....9:00 am-1:00 pm

Location: Crystal Community Center

Fee: \$2/time or \$1/time for Crystal Friendship members; \$10 for punch card with 10 punches for Crystal Friendship members \$15 for punch card with 10 punches for non-members.

FRIDAY NIGHT PICKLEBALL

Pickleball is for people of all athletic abilities, described as a combination of ping pong, tennis and badminton. It's a great work out, very social, and a competitive and athletic game. Pickleball uses a plastic whiffle ball and a paddle and is played on a court roughly half the size of a tennis court. Equipment is provided for you to try the game. Gym shoes are required. Limited to 16 players. You do not need a partner to attend. Call 763-531-0052 to register by December 28.



Fridays.....6:00-9:00 pm

Jan 8-29; Feb 12-26; March 4 (8 sessions)

Location: Crystal Community Center

Fee: \$20 per person (8 sessions)

BOOK DISCUSSION GROUP



The Book Discussion group is for you if you like to read and then talk to someone else about the book. The group meets the first Tuesday of the month at the Robbinsdale City Hall from 1:00 to 2:30 pm. Join us anytime...new people are welcome.

Fee: \$2 per visit or \$10 for 1 yr. membership

ROVING MINDS



This program is dedicated to the idea that learning is a lifelong process. We meet on the third Tuesday of the month at Robbinsdale City Hall from 1:00-3:00 pm.

Call 763-531-1274 to register.

Fee: \$2 per visit or \$10 for 1 year membership

MOVIE DISCUSSION SERIES



Join us on Thursdays at 10:00 am in the Robbinsdale Police and Fire Station, 4101 Hubbard North (lower level). Watch a movie on the big projection screen with surround sound, and discuss the movie afterwards.

Fee: \$1

55+ HEALTH GYM WALK

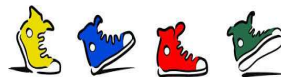
The Crystal Community Center is available for walking on the following days and times:

Tuesdays8:00 am-2:00 pm

Wednesdays12:00 pm-2:00 pm

Fridays 8:00 am-2:00 pm

The Crystal Community Center will have one to three gyms available for walking depending on scheduled activities. **Recreation programs and rentals take priority and hallways may be available for walking when there is an event or rental.** Black-soled shoes not allowed. Closed on December 25, January 1, 18, February 15.



BABY BOOMERS & BEYOND BODY & BALANCE WORKOUTS

Workouts emphasize general fitness and balance at your level! Nancy Stoneberg, certified personal trainer and owner of StoneFitness trains and educates 55+ that it's never too late to make a positive difference in strength, balance and overall wellness. These classes are for all levels and abilities. The four sessions do not all need to be used in a specific month. Call Robbinsdale P&R at 763-531-1278 to register.



Fridays.....9:00-9:45 am

January 8-29; February 5-26; March 4-25

Location: Robbinsdale Police & Fire Bldg.

Fee: \$24/ four week session

55+ Activities

"SOCIAL MEDIA BASICS"

Social Media basics for adults, including Facebook, Twitter and Instagram covering security and privacy settings, publishing content and responding appropriately. Stay connected with friends and family near and far. Participate and contribute to social networking sites. This course is a great introduction, and will help you easily understand in greater detail all the positive aspects of the social landscape that you might have been missing. Registration deadline five days before class begins.



Tuesday, January 26.....10:00-11:45 am
Crystal Community Center.....Call 763-531-0052

Thursday, February 11.....1:00-2:45pm
Brookview Community Center.....Call 763-512-2340
Fee: \$6 Crystal & Golden Valley residents
\$7 non-residents

MHSC DRIVER IMPROVEMENT PROGRAM (4 HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. The class will explore changes in laws, vehicle technology, defensive driving tips, traffic safety and accident prevention. Completion of this course allows for a 10% reduction on automobile insurance premiums for those over the age of 55. Have your driver's license number available for efficient registration. Register ten days prior to the class start date.



Monday, December 75:30-9:30 pm
Wednesday, February 10.....5:30-9:30 pm
Monday, March 7.....5:30- 9:30 pm
Wednesday, April 13.....5:30- 9:30 pm
Location: Crystal Community Center
Fee: \$ 20

MHSC DRIVER IMPROVEMENT PROGRAM (8 HOUR CLASS)

The Driver Improvement Program course is taught by a Minnesota Highway Safety Center trained instructor. The class will explore changes in laws, vehicle technology, defensive driving tips, traffic safety and accident prevention. There is a 45 minute lunch break. Completion of this course allows for a 10% reduction on automobile insurance pre-miums for those over the age of 55. Session 1 register by February 18. Session 2 register by April 1.

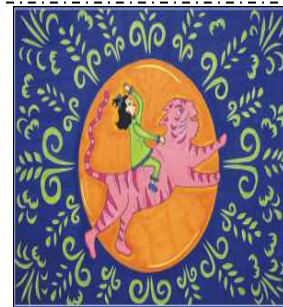
1: Saturday, January 238:30 am-4:30 pm
2. Wed. & Thurs. February 17-18.....8:30 am-4:30 pm
3. Saturday, March 12.....8:30 am-4:30 pm
Location: Crystal Community Center
Fee: \$24

LOCAL AUTHOR SERIES

Presented by

Brookdale Healthcare Services

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and Robbinsdale Area Schools are offering a new "Local Author Series." Call 763-531-0052 to make your reservation.



"NALAH & THE PINK TIGER"

"NALAH GOES TO MAD HOUSE CITY"

AUTHOR: ANNE SAWYER-AITCH

Nalah and the Pink Tiger was inspired by Anne's lively little niece. Sawyer-Aitch wrote the story over two years ago, then developed a style which she calls Illuminated Illustration, featuring multiple layers, cut-outs, and backlighting. Anne has also created and produced puppet shows that go with her books. Register by November 30.

Thursday, December 3.....6:30-7:15 pm
Location: Crystal Community Center
Fee: \$3 (payable at door.....includes refreshments)

AARP SMART DRIVER REFRESHER COURSE (4 HOUR)

Do you want to receive up to a 10% discount on your car insurance for the next three years? **You must have completed an eight-hour class in order to register for this four-hour, state approved refresher course.** While no driving or testing is necessary, attendance is required for credit and certificate. Course fills quickly. Have your driver's license number available for efficient registration. To receive the AARP membership discount, you must register at the front desk during regular office hours with proof of your membership. Friendship Center members will receive Crystal resident rates. Register one week prior to the class start date.



Thursday, December 10.....9:00 am-1:00 pm
Thursday, January 14.....9:00 am-1:00 pm
Thursday, February 11.....9:00 am-1:00 pm
Thursday, March 10.....9:00 am-1:00 pm
Location: Crystal Community Center
Fee: \$17 residents with AARP membership
\$22 residents without AARP membership
\$19 non-residents with AARP membership
\$24 non-residents without AARP membership



AARP TAX AID

Tuesdays, Feb. 2- April 12

9:00 am-3:00 pm

The Crystal Community is a host site for AARP tax aid for the elderly, disabled and low-income population in the north suburb area. Appointments are scheduled on a first-come, first-serve basis. **QUESTIONS? 763-531-1189**

Winter Fun!!!

HOLIDAY LUNCHEON

**Tuesday, December 1
12:00-1:30 pm**

Enjoy a delicious catered holiday meal while being entertained by the talent and energy of Totino Grace's "Company of Singers." Holiday tunes and debut of their new show will be included in the program.

Friendship Center members are considered residents for this event. Doors open at 11:30 am. Call 763-531-0052 to register by November 24.

Location: Crystal Community Center

**Fee: \$9 Crystal residents or
Friendship Center Members**



HOLIDAY TEA

**Monday, December 14
1:00-2:30 pm**

Join us for a delightful afternoon with entertainment by singer "The Happy Notes" followed by delicious finger foods and desserts. Festive attire is encouraged. Bring your own tea cup and saucer to add to the fun. Call 763-531-0052 to register by December 9.

**Location: Brookview Community Center
Golden Valley**

Fee: \$9



HOLIDAY BAND CONCERT

**Thursday, December 3
7:30-8:30 pm**

Join us for this **FREE** concert with the Robbinsdale City Band under the direction of Mike Serber. Come and be entertained with traditional band music and holiday favorites. There is nothing like a sing-a-long to start off the holiday season.

7:00 pm- Coffee and Cookies served

7:30-8:30 pm- Concert

Location: Crystal Community Center



WINTERFEST

**Saturday, December 5
10:00 am- 12:00 pm
Crystal Community Center
FREE!**

Bring your grandchildren and join us for a special morning of music and entertainment. Many fun and exciting activities will be going on inside and outside the Crystal Community Center. All activities are free. Refreshments will be sold.

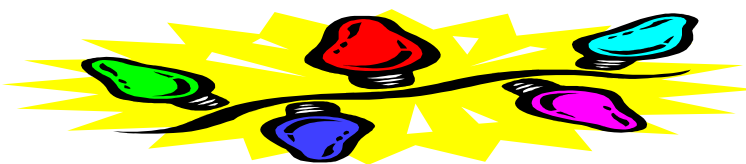
2015 CRYSTAL SPARKLES HOLIDAY LIGHTING CONTEST

Do you or someone in your neighborhood have an outstanding display of holiday lights? Nominate your favorite outdoor holiday display in the Crystal Sparkles contest, and let the rest of the community know about it! Entries will be judged:

Single-family residence (first place \$100 and second place \$50)

Nominations must be received by Thursday, December 10. Judging will take place on December 13.

Judges will pay close attention to creativity, artistic design, and visual effect, but not necessarily the size of the display. Winners will be notified by December 22 and recognized at the City Council meeting on January 5. Nomination forms are available at the Crystal Community Center and the city's website at <http://www.crystalmn.gov>. Sign up any entry via email Crystal.Recreation@crystalmn.gov or register your own home online using webtrac.crystalmn.gov



Donut Make You Wonder?



Join us on the **third Wednesday of the month** for informative programs, coffee and donuts. The program is held at the **Crystal Community Center** from **10:00-11:30 am** and is sponsored with the cities of Brooklyn Center, New Hope, Robbinsdale, and School District #281. A **\$2 fee** is collected at the door, however, you must register at least three days in advance so there are enough donuts for everyone. Call 763-531-0052 to register today!



"MEET THE PHARMACIST"

The New Hope Walgreens Pharmacist will share with us the latest information about vaccinations and any new requirements that may be in store. Michelle Lemke will present to us and allow time for questions. Register by January 15.



Wednesday, January 2010:00-11:30 am

"CARVING MOUNT RUSHMORE"

Today, more than 2 million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are some of the statistics behind the carving of Mount Rushmore. The story is even more interesting. The original idea for the carving was to generate tourism, so it seems to be a success. But, the actual carving is a story of inspiration, celebration, anger, bitterness, and perseverance. Bio: David has been making historical presentations since 1996 and has spoken more than 400 times to a total of more than 11,000 people! Register by February 12.



Wednesday, February 17.....10:00-11:30 am

THANKS TO OUR SPONSORS!!!

Home Instead Senior Care

Minnesota Medicare Consultants

The Crossings at Brookwood



"BALANCE & FALL PREVENTION"

Have you fallen in the past year? How many times have you fallen in the past year? Are you afraid of falling? Having a major fall can change one's life forever. It could mean giving up living a full independent life. Attend this presentation to learn the many ways you can stay FALL FREE and continue to Live Your Life active and healthy. Dr. Eva Norman, Physical Therapist, will also be available to screen your balance and determine your risk of falling. Register by March 11.



Wednesday, March 1610:00-11:30 am

"THE ABCs AND 1-2-3s OF TENDING OUR TREASURES"

This presentation takes an entertaining look at valuing your possessions. It will answer questions like: What determines value? How do you know what things are worth? How does the market influence value? What are the best avenues for selling treasures? Presented by Stephen Laliberte who is an owner of Odds & Ends Again, a consignment store in Shoreview, and Sort Toss Pack, a senior move management company. For the past four years Steve has seen how various treasures sell in the store, on Craigslist, and on eBay. Register by April 15.



Wednesday, April 20.....10:00-11:30 am



Community Tripsters

Enjoy these day trips with friends, or join us by yourself and make new friends! This program series is sponsored with the cities of Brooklyn Center and New Hope with pick-ups in each city. The cost of each trip is all-inclusive for the entire day including transportation, escort, tax and gratuity unless otherwise indicated. You may begin registration immediately for these trips, and be sure you pay attention to the deadlines, space permitting!

MINNEAPOLIS RIVER FRONT TOUR

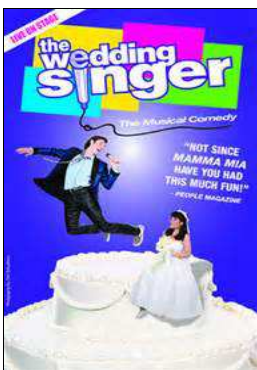
Take a riding tour of the historic Minneapolis Riverfront District. The guide will weave intricate history of the buildings, the river, the landscape, bridges and neighborhoods into an interesting story. Visit the Mill City Museum for a Flour Tour, movie of "Minneapolis in 19 Minutes Flat," and time in the gift store and exhibits. Enjoy lunch at Jax Cafe, serving Minnesotans since 1933, a landmark that was established by Stanley Kozlak. He left Poland as a teenager and built a restaurant business that would support three generations after him. Menu: 1. Chicken and Dumplings with cranberry sauce, Jax House salad, bread and butter, coffee, tea or milk 2. Strawberry Spinach Salad with Grilled Chicken Breast, Spinach, Strawberries, Red Onion, Toasted Almonds and Wedge of Brie, tossed in Sesame Honey Vinaigrette, rolls and butter, coffee, tea or milk. Register by December 21. Bus pick-up at Crystal Community Center.



Thursday, January 219:00 am-3:15 pm
Fee: \$64

OLD LOG THEATER "THE WEDDING SINGER"

Arrive at the Old Log Theater, and enjoy lunch in the Old Log Dining Room. 1. Beef Short Rib with Potatoes and Seasonal Vegetable, 2. Tilapia with Potatoes and Seasonal Vegetable, 3. Vegetarian Pasta – Pesto Cream Sauce, with Seasonal Vegetables and Herbs, 4. Boneless Chicken Breast with Potatoes and Seasonal Vegetable, Dinner Rolls, Coffee, Tea or Soft Drink, Dessert. "The Wedding Singer" takes us back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. Based on the hit Adam Sandler movie! Register by January 11. Bus pick-up at Crystal Community Center.



Wednesday, February 1011:15 am-4:15 pm
Fee: \$69

DIAMOND JO CASINO NORTHWOOD, IOWA

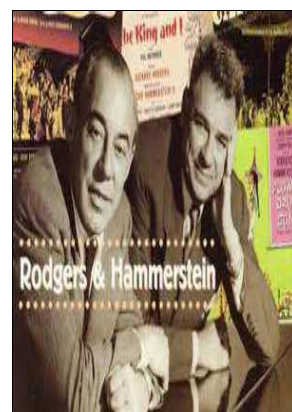
Try your luck on St. Patrick's Day and head South across the border to Diamond Jo Casino in Northwood, Iowa! Upon arrival pick up your new Diamond Jo Player Card and receive \$10 in slot play credit that you can use on one of the 1,002 slot machines from pennies to high limit. Gaming tables include Blackjack, Craps, Roulette, Mississippi Stud, and more! The all you can eat buffet lunch is included in the fee. At registration please provide your full name, address, phone number and date of birth so player cards can be made. If you already have a Diamond Jo player card provide that number at registration. Remember to bring your picture ID with the day of the trip to pick up your new players card! Register by March 10. Bus pick-up at Crystal Community Center.



Thursday, March 178:45 am-5:15 pm
Fee: \$23

ORCHESTRA HALL COFFEE CONCERT "RODGERS AND HAMMERSTEIN"

Arrive at Orchestra Hall and enjoy coffee and donuts in the lobby before the show. Then, rediscover the best of Rodgers and Hammerstein's marvelous musicals on film- complete with the Minnesota Orchestra delivering the soundtrack live as highlights from these unforgettable stories are shown on the silver screen. The classic musicals of Rodgers and Hammerstein: South Pacific, Carousel, The King and I, State Fair, The Sound of Music and Oklahoma! Register by February 16. Bus pick-up at Crystal Community Center.



Thursday, April 710:15 am-1:30 pm
Fee: \$51

PICKLEBALL HALLOWEEN PARTY



**Back to the 50's!!! Costume Winners!
Roger McConico and Ruth Vomhof**

MRPA BUTTERBALL PICKLEBALL TOURNEY



**Jan Dubois & Bob Swanson....2.5-3.0 Champions!!
Bob also won the Butterball Turkey door prize!!**

SENIOR COMMUNITY RESOURCES

ISD 271/Community Education
763-504-6990

Dinner At Your Door • 763-531-1183

HOME Northwest • 952-746-4046

Senior Dining • 763-531-1183

Senior nutritional meals are served Monday-Friday at the Crystal Community Center at 12:00 pm. Reserve your lunch by calling three days in advance 763-531-1183.

**Crystal Friendship Center
4800 Douglas Drive North
Crystal, MN 55429**

